

# The Scoop

June 2010



## CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue  
Clearwater, Kansas 67026

620-584-2332

[commcenter@sktc.net](mailto:commcenter@sktc.net)



**Happy Birthday**  
To June Birthday People

- 01 Barbara Standley
- 04 Mabel Shoff
- 06 Beulah Barnett
- 07 Don McMillan
- 07 Bob Peel
- 09 Rachel Anton
- 11 Gary Freed
- 11 Robert Pugh
- 12 Margaret Dunnell
- 12 June Finney
- 12 Roger Gregory
- 14 Doris Matthews
- 15 Sandra Cummins
- 15 Robert Topham
- 16 Mary Mitchell
- 16 Jane Roberts
- 16 Loretta Shaffstall
- 17 Richard Vogel
- 18 Farol McMillan
- 18 Faye Neises
- 19 Helen Stitt
- 22 David Crews
- 23 Larry Wolf
- 25 Emogene Huhn
- 25 Angie Strait
- 26 Janice Headgepath
- 27 Dorothy Luckner
- 27 Barbara Munger
- 27 Genevieve Wilbur
- 29 Leonard Anton
- 29 Joan Wilbert
- 30 Ron Chippeaux



**Observations on Growing Old**

- \*\* When people say you look "Great," they add "for your age!"
- \*\* You forget names but that's OK because other people forget they ever knew you!!!
- \*\* You miss the days when everything worked with just an "Off" and "On" switch...
- \*\* What used to be freckles are now liver spots.

**The May Friendship Luncheon**

**Tuesday, May 11**, we started congregating at 11 am to meet with Wendy Irwin from Angels Health Care of Winfield so she could talk about awareness of diabetes.

The luncheon started at 12 noon. The meeting was opened by giving the flag salute and singing the National Anthem, led by Marlene Parret.

The first item on the agenda, before we served ourselves from the amply laden table of delicious dishes, we gave tribute to the Mothers present. Flowers were presented to Doris Matthews, the oldest mother, to Val Lange, the youngest mother, and to the four proud mothers of six children each: Angie Shaver, Diane Barkley, Farol McMillan, and Maggie Liebold.



Doris



Val



Farol, Maggie, Diane, Angie

Following a prayer by Carl Shaffer, people filled their plates according to the order given. First in line was Jean Watts, the birthday lady for the day.

After all plates were filled and folks were again seated at their tables, a short business meeting was held. Several announcements were made. Barbara Hufford told of the quilt that will be raffled off and invited folks to join in the 3<sup>rd</sup> Wednesday afternoon movie. Carl Shaffer asked for folks to sign up if they were interested in going to the Young Peoples Music Theater presentation of "Murder One" to be presented August 20 and 21 at Crown Uptown Theater. He also told of the two choices for folks to take the food-handlers class in early June. Maggie Liebold said there plans to be classes in line dancing next fall. If you're interested, let her or Carl know. I talked about the May Armed Forces Day as it related to our monthly Biscuits and Gravy and then told of some of the changes made to the Music Jamboree that is held the 1<sup>st</sup> Saturday evening of each month.

The meeting ended with Farol McMillan giving devotions.

This month's hostesses, Angie Shaver, Twila Wiggins and Ruby Morehead were given a hand for their culinary skills.

After the meal, several tables were put away and folks found chairs on the carpeted area so they could enjoy the CHS Blue Notes under the direction of Debbie Charles.



These are most of the Blue Notes that performed. In addition to being very talented singers, they also did some catchy dance steps that kept the audience entertained and hoping for more.

### WHO TO CALL

**THE SCOOP** is a monthly newsletter of the Clearwater Community Center, 921 Janet, Clearwater, KS 67026.

Publisher: Carl Shaffer, 620-584-2332

[commcenter@sktc.net](mailto:commcenter@sktc.net)

Editor: Ruby Fisher, 620-584-2866

[ruby67026@sktc.net](mailto:ruby67026@sktc.net)

Print Engineer: Jimmy Charles

Charles Engineering, Clearwater.

275 copies are printed monthly for free distribution.

**THE SCOOP** can also be seen online, in color, by going to City of Clearwater's website:

<http://www.clearwaterks.org>

\*\*\*\*\*

### ADVISORY COMMITTEE MEMBERS

Chair - Terry Sullivan

Co-Chair - Joan Fleming

Secretary - Carla Butterfield

Member at Large - James Charles

Member at Large - Marlene Hand

\*\*\*\*\*

### PLANNING COMMITTEE MEMBERS

Chair - Ruby Fisher

Co-Chair - Angie Shaver

Secretary - Barbara Hufford

Historian - Helen Fesnock

Education - June Finney

RSVP Program - Farol McMillan

\*\*\*\*\*

### **DETECTING DIABETES**



This picture shows R.N. Pat Shultz checking the foot of one of the 12 people who participated in the diabetes check held prior to the Friendship Luncheon Tuesday, May 11. Sitting and visiting with others waiting to be checked is Wendy Irwin. They are both representing Angels Home Health Agency of Winfield.

\*\*\*\*\*

I received an email about Cinnamon & Honey. According to the article, it does not harm diabetic patients. In addition, it helps with heart disease, arthritis, bladder infection, cholesterol, colds, upset stomachs, indigestion, influenza, cancer, fatigue, weight loss, hearing loss, bad breath, etc., etc., etc.

### **CITY WIDE GARAGE SALE**

The Center will be participating in the City Wide Garage Sale with both a garage sale and a baked sale between the hours of 8 am and 4 pm. You can bring items for the garage sale any time before Saturday, June 5.

We encourage each of you to bring something for the baked goods sale. Items can be brought to the Center Friday afternoon, the 4<sup>th</sup>, until around 4 pm or Saturday morning anytime after 7:30 am.

\*\*\*\*\*

### **MENNONITE MUSEUM TRIP**

We plan to visit the Goessel Heritage and Agricultural Museum Thursday, June 24. The bus leaves the Center at 8:30 am. You must sign up for the trip by Monday, June 14.

\*\*\*\*\*

### **SELF PROTECTION TIP**

**Wasp Spray is inexpensive, easy to find, and more effective than mace or pepper spray.**

The can shoots 20 to 30 feet, so if someone tries to break into your home 'shoot for the eyes.' The wasp spray is more accurate than pepper spray and gives more space between you and your attacker. It temporarily blinds the attacker until they get to a hospital for an antidote

You might want to keep a can handy either in your care or in your home----or both.

\*\*\*\*\*

### **Quote of the Month:**

"With hurricanes, tornadoes, fires out of control, mud slides, flooding, severe thunderstorms tearing up the country from one end to the other and with the threat of bird flu and terrorist attacks, are we sure this is a good time to take God out of the Pledge of Alliance?"

### **ARMED FORCES DAY AT MAY BISCUITS & GRAVY**



The flags were the center pieces on the tables at our Biscuits and Gravy May 15 to show our support to the military service people on **Armed Forces Day**.

Military personnel or veterans were our guests for this occasion. We were honored to serve a free meal to the following veterans: Earl Brockman, Air Force; Carl Conley, Marines; Kenneth Coy, Army; Gene Dunbar, Navy; Leroy Eaton, Air Force; Bob Johnson, Army Air Force; Robert J. Johnson, Army Air Force; Maynard Lemon, Army; Ernie Love, Navy; T.L. Pearson, Navy; Austin Pond, Navy; Robert Pugh, Army; Jim Richards, Air Force; John Swinehart, Army; Reid Williams, Army & Air Force; and Sid Wise, Air Force.

Greeting and visiting with those in attendance were State Representative **Pete DeGraaf** and American Legion Post #93 Commander **Robert Pugh**.



Shown above: Our director, Carl Shaffer, State Rep. Pete DeGraaf, and American Legion Post #93 Commander Robert Pugh.

## Judas Asparagus

*If you need a laugh today, then this should do it!*

A child was asked to write a book report on the entire Bible.

I wonder how often we take for granted that children *understand* what we are teaching???

Through the eyes of a child:

### **The Children's Bible in a Nutshell**

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas. The Bible says, 'The Lord thy God is one, but I think He must be a lot older than that.

Anyway, God said, 'Give me a light!' and someone did.

Then God made the world.

He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet.

Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden.....Not sure what they were driven in though, because they didn't have cars.

Adam and Eve had a son, Cain, who hated his brother as long as he was Abel.

Pretty soon all of the early people died off, except for Methuselah, who lived to be like a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check.

After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name was Charlton Heston. Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable.

God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance, or covet your neighbor's stuff.

Oh, yeah, I just thought of one more: Humor thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell over on the town.

After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore.

There were also some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament. Jesus is the star of The New. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mom is always saying to me, 'Close the door! Were you born in a barn?' It would be nice to say, 'As a matter of fact, I was.')

During His life, Jesus had many arguments with sinners like the Pharisees and the Democrats.

Jesus also had twelve opossums.

The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount.

But all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

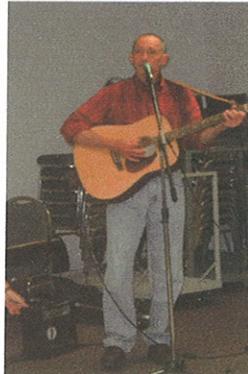
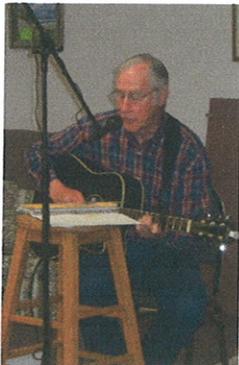
Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum.. His return is foretold in the book of Revolution.

## COUNTRY MUSIC JAMBOREE

Some changes have been made in the format of our 1<sup>st</sup> Saturday of the Month music program. Rather than each performer doing only one song and passing the mic to the next one with all musicians playing along with each song presented, each performer will have the opportunity of playing and/or singing two or three numbers, either to their own accompaniment or to their own background music. This was tried at the May Jamboree and seemed to work well.



Here we have Charlotte Dawson playing the flute during a musical interlude in one of Roger's numbers. Beside her is her bass guitar that she also plays, Next is Roger Dawson singing and accompanying himself on his guitar. The third picture is John Chitwood who came to listen. Roger talked him into sharing part of his musical talent with us.



We caught Bruce Hopson in the middle of a song. We especially liked his music stand. The middle pic shows Brandon Dills playing along with Bruce. Brandon hasn't been with us for a while so he thought it would be great to check out his guitar after a long period of having it in the case. Thom Wilkins, Conway Springs, returned for a second time with us. He does mostly gospel music and writes most of it himself.

The upcoming Jamboree is Saturday, June 5. We had a call from Jerry Angstadt, a steel guitar player from Haysville, asking about our Jamboree. We are looking forward to seeing and listening to him on the 5<sup>th</sup>. We've had comments of others who are interested but have never joined with us yet. We hope to see some of them this month also.

### QUESTIONS & ANSWERS FROM JERRY STITT'S EMAIL

Where can man over 60 find younger, sexy women who are interested in them?

Answer: Try a bookstore. Under fiction.

How can you avoid that terrible curse of the elderly - wrinkles?

Answer: Take off your glasses.

## GREENSBURG'S DISASTER

Dennis Miller, who works with the Disaster Relief Fund of the American Red Cross, was a resident of Greensburg when the tornado hit the town.

He spoke Friday, May 14, of how a tornado rotates counter clockwise, usually moving from the southwest to the northeast. The Greensburg tornado did that. It also was 1.7 miles wide as it took the town.

He did a slide show presentation using graphs, maps and types of clouds and tornadoes. He also showed pictures of his own home before and after the tornado.

He told of precautions to take when an alert is sounded. One that he mention is that we should NOT open windows as many in the past have suggested. He also said that the prepared shelter should have extra clothes and shoes as well as a battery operated radio, water and food. He said we should remember **DUCK!**

**Down to the lowest level**

**Under something sturdy**

**Cover your head**

**Keep in shelter until storm passes**

\*\*\*\*\*

### A Note from the Editor

**First: I need to apologize** for the condition of the Scoop's May issue printed in the City's website. My printer was not working and the fonts I used were not compatible with the city's computer. Finally they copied the black and white issue. The results were far from acceptable. I'm sure the city fathers are embarrassed.

**Second: I have a problem.** I am a volunteer, just as all who work at the Center are. I donate my time and talent to help. I cannot attend each and every scheduled program. I need your help! YOU give me the information, I'll put it together for a story in the Scoop. Without your input how do we know what's happening?

# June 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 14 - FLAG DAY MAY 20 - FATHERS DAY MAY 21 - FIRST DAY OF SUMMER	1 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Planning Meet: 10 am AA & AIAnon : 7 pm	2 Arts & Crafts 9:30 to 11:30 am Exercise: 9:30-10:30 am <b>LUNCHEON: 12 noon</b> AA & AIAnon : 7 pm	3 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	4 Quilting 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???	5 GARAGE & BAKE SALE 8 AM TO 4 PM <b>JAMBOREEE 7 TO 10 PM</b>	
6	7 Painting - both Beginners & Advanced 1 to 3 pm	8 Arts & Crafts 9:30 to 11:30 am Exercise: 9:30-10:30 am <b>LUNCHEON: 12 noon</b> AA & AIAnon : 7 pm	9 Arts & Crafts 9:30 to 11:30 am Exercise: 9:30-10:30 am <b>LUNCHEON: 12 noon</b> AA & AIAnon : 7 pm	10 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	11 Quilting 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???	12
13	14 Painting - both Beginners & Advanced 1 to 3 pm	15 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm	16 <b>MOVIE MATINEE 1:30 PM</b>	17 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	18 Quilting 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???	19 <b>BISCUITS AND GRAVY 7 TO 10 AM</b>
20	21 Painting - both Beginners & Advanced 1 to 3 pm	22 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm	23	24 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm <b>TRIP TO GOESSEL LEAVE AT 8:30 AM</b>	25 Quilting 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???	26
27	28 Painting - both Beginners & Advanced 1 to 3 pm	29 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm	30	<p>The speaker for the June Luncheon will be a representative from Via Christi in Wichita.  <b>Since June is the month for Father's Day, I wonder how many fathers will join us for the luncheon so we can honor them?</b></p>		

**GOOD NEIGHBOR NUTRITION PROGRAM**

**GNNP MENU (menu is subject to change)**

**JUNE 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 FATHER'S DAY JUNE 20th	@ BBQ RIBETTIE on BUN CORN COBETTE POTATO SALAD BERRY & PEAR FRUIT MIX  20 Gm Fat 644 Calories 1060 mg Sodium	SPAGHETTI with MEATSAUCE CALIFORNIA VEGETABLES DICED PEACHES BREADSTICKS  18 Gm Fat 671 Calories 797 mg Sodium	OVEN ROASTED CHICKEN GARDEN RICE PILAF MIXED GREEN SALAD w/DRSG MANDARIN ORANGES WHOLE WHEAT BREAD  23 Gm Fat 661 Calories 614 mg Sodium	● APPLE TURKEY WALNUT SALAD on WHOLE WHEAT BREAD PEA & LETTUCE SALAD w/DRSG TROPICAL FRUIT OATMEAL COOKIES  20 Gm Fat 662 Calories 1098 mg Sodium
ITALIAN CHICKEN CASSEROLE MEDITERRANEAN VEGETABLES PINEAPPLE CHUNKS STRAWBERRY GELATIN WHOLE WHEAT BREAD  17 Gm Fat 635 Calories 813 mg Sodium	CHILI CHEESE POTATO ROMAINE SALAD w/ DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD  20 Gm Fat 644 Calories 1060 mg Sodium	● TURKEY POT PIE BROCCOLI FRESH BANANA BISCUIT  18 Gm Fat 671 Calories 797 mg Sodium	CRANBERRY MEATBALL MASHED POTATOES SPINACH SALAD w/DRSG APRICOT MIX WHOLE WHEAT BREAD  23 Gm Fat 661 Calories 614 mg Sodium	@ PORK STROGANOFF GREEN PEAS CINNAMON APPLESAUCE WHOLE WHEAT BREAD  20 Gm Fat 662 Calories 1098 mg Sodium
SLOPPY JOE on BUN GREEN BEANS ITALIAN PASTA SALAD FRESH ORANGE  17 Gm Fat 635 Calories 813 mg Sodium	@ HAM & BEANS with ONIONS DICED CARROTS BERRY FRUIT MIX CORNBREAD  18 Gm Fat 658 Calories 665 mg Sodium	● TURKEY POT PIE BROCCOLI FRESH BANANA BISCUIT  18 Gm Fat 671 Calories 797 mg Sodium	24 Gm Fat 791 Calories 1164 mg Sodium	19 Gm Fat 653 Calories 653 mg Sodium
BEEF & MACARONI CAULIFLOWER SUMMER LIME GELATIN WHOLE WHEAT BREAD  19 Gm Fat 688 Calories 752 mg Sodium	● TURKEY CHEF SALAD with CHEESE CREAMY POTATO SOUP APRICOTS SUGAR COOKIES SALTINE CRACKERS  12 Gm Fat 654 Calories 1004 mg Sodium	CHICKEN FAJITA CALICO CORN JELLIED STRAWBERRY PEAR SALAD  27 Gm Fat 724 Calories 1212 mg Sodium	● TURKEY TETRAZINI BRUSSELS SPROUTS PINEAPPLE AMBROSIA WHOLE WHEAT BREAD  24 Gm Fat 791 Calories 1164 mg Sodium	SWISS STEAK MASHED POTATOES TOSSED SALAD w/DRSG DICED PEACHES WHOLE WHEAT BREAD  19 Gm Fat 653 Calories 653 mg Sodium
BEEF PATTY w/ONION GRAVY MASHED POTATOES RANCH BROCCOLI SALAD FRUIT MIX w/BLUEBERRIES WHOLE WHEAT BREAD  19 Gm Fat 688 Calories 752 mg Sodium	HAMBURGER on BUN CALICO BAKED BEANS PINEAPPLES & STRAWBERRIES TAPIOCA PUDDING  22 Gm Fat 670 Calories 791 mg Sodium	@ PORK ROAST w/GRAVY MASHED POTATOES COMBINATION SALAD w/ DRSG ROSY APPLESAUCE POTATO ROLL  16 Gm Fat 657 Calories 539 mg Sodium	29 Gm Fat 780 Calories 1116 mg Sodium	25 Gm Fat 683 Calories 611 mg Sodium
BEEF PATTY w/ONION GRAVY MASHED POTATOES RANCH BROCCOLI SALAD FRUIT MIX w/BLUEBERRIES WHOLE WHEAT BREAD  19 Gm Fat 688 Calories 752 mg Sodium	@ HAMLOAF w/CREAM GRAVY CREAMY SCALLOPED POTATOES PICKLED BEETS AUTUMN GELATIN SALAD WHOLE WHEAT BREAD  23 Gm Fat 836 Calories 813 mg Sodium	@ PORK ROAST w/GRAVY MASHED POTATOES COMBINATION SALAD w/ DRSG ROSY APPLESAUCE POTATO ROLL  16 Gm Fat 657 Calories 539 mg Sodium	16 Gm Fat 657 Calories 539 mg Sodium	22 Gm Fat 779 Calories 1131 mg Sodium
BEEF PATTY w/ONION GRAVY MASHED POTATOES RANCH BROCCOLI SALAD FRUIT MIX w/BLUEBERRIES WHOLE WHEAT BREAD  19 Gm Fat 688 Calories 752 mg Sodium	TACO SALAD GREEN PEAS CITRUS FRUIT MIX  27 Gm Fat 662 Calories 804 mg Sodium	@ PORK ROAST w/GRAVY MASHED POTATOES COMBINATION SALAD w/ DRSG ROSY APPLESAUCE POTATO ROLL  16 Gm Fat 657 Calories 539 mg Sodium	 FLAG DAY JUNE 14TH	FIRST DAY OF SUMMER JUNE 21st  ● CONTAINS TURKEY ☺ CONTAINS PORK

*Live Long Enough To Be A REAL Concern For Your Kids!*



**Clearwater Community/Senior Center**  
**921 Janet**  
**Clearwater, KS 67026**